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U. S. Department of Agriculture

Calcium

In the Diet

Effect of Different Amounts of Calcium on Growth



Insufficient calcium in an otherwise adequate diet



Sufficient calcium added to make the diet adequate

Litter mates of the same sex, 22 weeks old. Weight of
smaller, 91 grams; of larger, 219 grams

RATS THREE-FOURTHS ACTUAL SIZE

Some Common Sources of Calcium



Almonds
Beans, dry
Buttermilk
Cabbage greens
Carrots
Cauliflower

Chard
Cheese, American
Clams
Cowpeas
Dandelion greens
Endive

Figs, dry
Hazelnuts
Kohlrabi
Lentils
Maple syrup
Milk

Molasses
Okra
Oranges
Parsnips
Peas, dry
Rhubarb

Rutabagas
Spinach
Turnips
Turnip tops
Watercress

NUTRITION CHART 5

Bureau of Home Economics

UNITED STATES DEPARTMENT OF AGRICULTURE